PLANT FACT SHEET

Ulva fenestrata Postels & Ruprecht

GENUS *Ulva* **FAMILY** Ulvaceae

COMMON NAMES Sea lettuce

EDIBLE PARTS AND USES

Edible parts: Seaweed, Algae

It is picked and dried and used as a seasoning.

DESCRIPTION

A seaweed. It is connected to rocks by a small holdfast. The young fronds are small, thin and fragile. They are bright green. They are 15029 cm across.

HABITAT

It is a temperate plant. It grows in the intertidal zone.

REFERENCES

Colombo, M. J. et al, 2006, Marine Macroalgae as Sources of Polyunsaturated fatty acids. Plant Foods for Human Nutrition. 61: 67-72

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/783a0e99-79b6-4285-b7f4-dad6a0cebd76